

# Lupus Courier

LUPUS SOCIETY OF ALBERTA

Winter 2010  
Volume 11 Issue 1

## FLU VACCINATION RESEARCH

*STEP OUT FOR LUPUS  
2010*

HEALTH CANADA and  
ALBERTA GOVERNMENT  
NEWS

**Osteoporosis  
and Lupus**

**Serotonin &  
Bone Mass**

**LSA LENDING LIBRARY**

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*Systemic Lupus Erythematosus (SLE) is an autoimmune disease that affects thousands of Canadians, mostly women during their child-bearing years. Symptoms vary greatly from patient to patient, and treatment is highly individualized. Lupus patients are urged to contact their physician or health professionals with any questions or concerns about their illness.*

**Lupus Courier** is mailed quarterly to current members of the Lupus Society of Alberta. Inquirers receive one complimentary copy and are invited to join the Society. The purpose of this newsletter is to publish current, well-balanced reports on lupus and its treatment, health management and research, to serve as a supportive resource and to inform readers of the organization's actions. Articles are presented for the readers' information and do not necessarily reflect the opinions or views of the Lupus Society of Alberta.



## Message from the Editor



As the waning days of winter pass and we look forward to the first official day of spring: the vernal equinox on March 20<sup>th</sup>, we know that as in all things in life, there will be setbacks. It would be unusual to not have sudden and, perhaps ferocious, blasts from winter as it grudgingly gives way to the warmth and greening of spring.

As wonderful as the onset of spring is, we must remind ourselves that the sun can trigger a lupus flare so caution and sunscreen are necessary. Please don't forget to check the expiration date on your last purchase of sunscreen and make sure that you have a product that will be effective.

March 16<sup>th</sup> marks the commencement of a busy schedule for the LSA. The Annual General Meeting provides an opportunity to reflect on past objectives and accomplishments of your organization and, as with spring, to begin anew. It is also the perfect time to recognize individuals and organizations that support our organization so generously. Without their loyalty and contributions our society could not thrive as it does.

With their assistance we can meet our goals and deliver current and credible information in ways that address the needs of our members and lupus patients across the province. That is where we need your input. If you have suggestions and comments don't hesitate to pass them on to me and the Board.

Another piece of exciting news is the growing number of **"Step Out For Lupus"** events. The schedule is on page 13 and if you would like to help with any of these projects please let me know. More information will be available in the mail and on our website or you can e-mail or telephone me to get up-dates.

I also hope you will make use of our Lupus Lending Library, a great resource for all our members regardless of where you reside in the province. Our collection, as listed in this **Courier**, covers a broad section of subjects and is constantly being up-dated to ensure that our readers have the most reliable and up-to-date information on research, treatments and day-to-day living strategies.

Best wishes for a wonderful spring season and I hope to see many of you at our coming events.



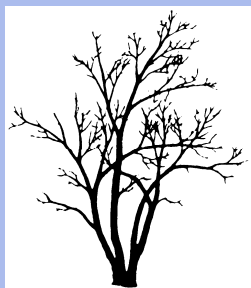
# Winter 2010

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## OUR MISSION

To provide education and support on lupus and lupus related issues and enable research to find effective treatments and cures.



## Serotonin and Bone Mass Inversely Linked in Women

Circulating levels of the neurotransmitter **serotonin\*** are inversely associated with bone mass in women, according to a new study co-funded by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS). The work, published online in July in the *Journal of Bone and Mineral Research*, indicates that serotonin can serve as a marker for low bone mass. The findings also suggest that studies of serotonin synthesis and metabolism pathways are needed to develop drugs that target the neurotransmitter's effects on bone mass without affecting the nervous system.

Co-authors Ulrike Mödder, Ph.D., Sundeep Khosla, M.D., and colleagues at the Mayo Clinic in Rochester, Minn., studied a population-based cohort of 275 women aged 21 to 97, and observed that higher blood levels of serotonin were associated with lower levels of a number of measures of bone density and structure, as well as body mass index. The findings, say the scientists, indicate a potential role for serotonin in regulating human bone mass.

Drugs called selective serotonin re-uptake inhibitors (SSRIs) have been used for treating depression, and scientists have observed that people taking these medications have reduced bone mineral density. Other studies in mice have also linked serotonin to bone metabolism regulation. Until this study, however, the relationship between serotonin and bone mass in humans was clouded.

"We've confirmed that serotonin is yet another player in the complex physiology of bone," says Dr. Khosla. "Perhaps as an early warning signal, it may help us prevent the diseases that beset bone, including osteoporosis." The study also received funding from the Mayo Clinic's Center for Translational Science Activities.

**Serotonin:** A chemical, 5-hydroxytryptamine present in platelets, gastrointestinal mucosa, mast cells, and carcinoid tumors. Serotonin is a potent vasoconstrictor, it is also a neurotransmitter in the central nervous system and is important in sleep-waking cycles.

**Reprinted from NIAMS National Institute of Arthritis and Musculoskeletal and Skin Diseases** The mission of the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), a part of the Department of Health and Human Services' National Institutes of Health, is to support research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases; the training of basic and clinical scientists to carry out this research; and the dissemination of information on research progress in these diseases. For more information about NIAMS, call the information clearinghouse at 301-495-4484 or visit the NIAMS Web site at <http://www.niams.nih.gov>.

# Immunosuppressants Render Flu Vaccination Less Effective in People With Lupus

Reprinted from  
Lupus Foundation of America [www.lupus.org](http://www.lupus.org)

Studies of cell-mediated immune responses to influenza vaccination in systemic lupus erythematosus.

Authors: Holvast A, van Assen S, de Haan A, Huckriede A, Benne CA, Westra J, Palache A, Wilschut J, Kallenberg CG, and Bijl M. (2009). *Arthritis & Rheumatism* 60: 2438-2447.

## What is the topic?

The immune system fights off the flu in different ways. One way is by making antibodies (immune proteins) that recognize the flu virus and attack it. Another way is by activating certain white blood cells to fight the virus; this is called "cell-mediated immunity." Both antibodies and cell-mediated immunity play important roles in the body's normal response to a flu shot. Lupus patients might have decreased antibody responses to the flu shot as compared to healthy people. Since cell-mediated responses to the influenza vaccine also influence how well the vaccine will work, it is important to understand how lupus may affect the body's cell-mediated response to the vaccine.

## What did the researchers hope to learn?

The researchers wanted to measure the cell-mediated responses (or responses of certain white blood cells) to a flu vaccine in lupus patients.

## Who was studied?

54 lupus patients and 54 healthy people, similar in age and about the same percent of women and men, were studied. Most of the lupus patients had relatively few active symptoms. Pregnant women were not studied.

## How was the study conducted?

Lupus patients were randomly picked to either get a flu shot or not. All the healthy people got a flu shot.

The flu shot was a "subunit" vaccine, meaning that it had parts of the dead flu virus that help to trigger an immune response but was missing other parts of the virus. Blood samples were taken at the beginning of the study and again 28 days later.

## What did the researchers find?

As compared to healthy people, lupus patients had less cell-mediated responses to the flu shot, which may have been influenced by the fact that many of them were taking prednisone and/or azathioprine (Imuran) when they got the shot. Influenza vaccination did not increase lupus disease activity, but minor side effects occurred more frequently in lupus patients than in healthy people.



## What were the limitations of the study?

This was a small study. Given that there were not that many patients in the first place, the fact that they were taking a wide variety of medications make it difficult to sort out the results. Finally, more of the lupus patients than the healthy people had gotten a flu shot in the previous year, which could have influenced the results when comparing these two groups.

## What do the results mean for you?

It may be that lupus patients have decreases in both antibody and cell-mediated responses to the flu shot as compared to most people. This may make it easier for lupus patients to get the flu and harder to fight it off when they do, especially when taking prednisone or other treatments that suppress the immune system. Appropriate caution to prevent the flu should be taken by all lupus patients, such as avoiding contact with infected people and washing hands frequently, even if the flu shot has already been given.

# A Second Flu Shot Might Be More Effective in Some People With Lupus

Reprinted from  
Lupus Foundation of America [www.lupus.org](http://www.lupus.org)

Effect of a second, booster, influenza vaccination on antibody responses in quiescent systemic lupus erythematosus: an open, prospective, controlled study.

Authors: Holvast A, van Assen S, de Haan A, Huckriede A, Benne CA, Westra J, Palache A, Wilschut J, Kallenberg CG, and Bijl M. (2009). *Rheumatology* 48: 1294-1299

## What is the topic?

One of the ways that the immune system fights off the flu is by making antibodies (immune proteins) that can recognize the flu virus and attack it. The immune system can also make little chemicals called "cytokines" that signal to the white blood cells to make more of these antibodies when there is a virus in the bloodstream. The flu shot is made with dead virus that can help a patient make protecting antibodies but won't cause the full flu infection to start up. In this way, individuals can be protected in advance before they are exposed to the flu that is "going around" in their community. Some lupus patients make fewer antibodies to the flu shot than most people, and there is some concern that medications for lupus can reduce the response to the flu shot since they can suppress the immune system in other ways. If there was a way to increase these responses, then the flu shot might be more effective for people with lupus.

## What did the researchers hope to learn?

The researchers wanted to find out whether a second, "booster" flu shot could increase antibody responses in lupus patients.

## Who was studied?

The study included 52 lupus patients and 28 healthy people of about the same age and the same percentage of women and men. The lupus patients were not flaring at the time and thus their lupus symptoms were relatively quiet. Most of them were taking some immune-suppressing treatments. No one in the study had cancer or was taking more than 30 mg/day of prednisone. Most people in both groups had gotten a flu shot the previous year.

## How was the study conducted?

The flu shot that was used is called a "subunit" vaccine, which means that it has enough pieces of the flu virus to cause antibodies to be made, but may be missing other parts of the flu virus. All of the people participating in this study got at least one flu shot. Four weeks later, the lupus patients, but not the other people, got a second booster flu shot. Antibodies against the flu virus were measured before each shot, and again four weeks after the time of the second shot.

## What did the researchers find?

The researchers found that a second flu shot did not increase the overall amounts of flu antibodies if you looked at the whole group of lupus patients compared to healthy people. However, a sub-group of the lupus patients who had not gotten the flu shot in the previous year did show an increased antibody response with the booster vaccination.

Neither the first nor second flu vaccination increased lupus disease activity, but both caused more frequent minor side effects in lupus patients than in healthy people. The kinds of side effects seen in lupus patients were similar after the first and second flu shots.

## What were the limitations of the study?

This was a small study. Also, it did not include a group of lupus patients given only one flu shot, which could have been useful to compare to those who got two shots.

## What do the results mean for you?

Increased antibody responses to a second, booster flu shot were seen only in lupus patients who had not received a flu shot in the

previous year. Therefore, the additional benefit for lupus patients who get a second flu vaccination may be just for those not vaccinated against influenza in the previous year.



# What People With Lupus Need to Know About Osteoporosis

## What Is Osteoporosis?

Osteoporosis is a condition in which the bones become less dense and more likely to fracture. Fractures from osteoporosis can result in significant pain and disability. Osteoporosis is a major health threat for an estimated 44 million Americans, 68 percent of whom are women.



Lippincott Williams & Wilkins  
©2006 Anatomical Chart Company

Risk factors for developing osteoporosis include:

- thinness or small frame
- family history of the disease
- being postmenopausal and particularly having had early menopause
- abnormal absence of menstrual periods (amenorrhea)
- prolonged use of certain medications, such as those used to treat lupus, asthma, thyroid deficiencies, and seizures

- low calcium intake
- lack of physical activity
- excessive alcohol intake
- smoking

Osteoporosis often can be prevented. It is known as a silent disease because, if undetected, bone loss can progress for many years without symptoms until a fracture occurs. Osteoporosis has been called a childhood disease with old age consequences because building healthy bones in youth helps prevent osteoporosis and fractures later in life. However, it is never too late to adopt new habits for healthy bones.

## The Link Between Lupus and Osteoporosis

Studies have found an increase in bone loss and fracture in individuals with SLE. In fact, women with lupus may be nearly five times more likely than those without the disease to experience a fracture from osteoporosis.

Individuals with lupus are at increased risk for osteoporosis for many reasons. To begin with, the glucocorticoid medications often prescribed to treat SLE can trigger significant bone loss. In addition, pain and fatigue caused by the disease can result in inactivity, further increasing osteoporosis risk. Studies also show that bone loss in lupus may occur as a direct result of the disease. Of concern is the fact that 90 percent of the people affected with lupus are women, a group already at increased risk for osteoporosis.

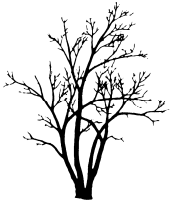
## Osteoporosis Management Strategies

Strategies for the prevention and treatment of osteoporosis in people with lupus are not significantly different from the strategies for those who do not have the disease.

## Nutrition

A well-balanced diet rich in calcium and vitamin D is important for healthy bones. Good sources of calcium include low-fat dairy products; dark green, leafy vegetables; and calcium-fortified foods and beverages. Supplements can help ensure that you get adequate amounts of calcium each day, especially in people with a proven milk allergy.

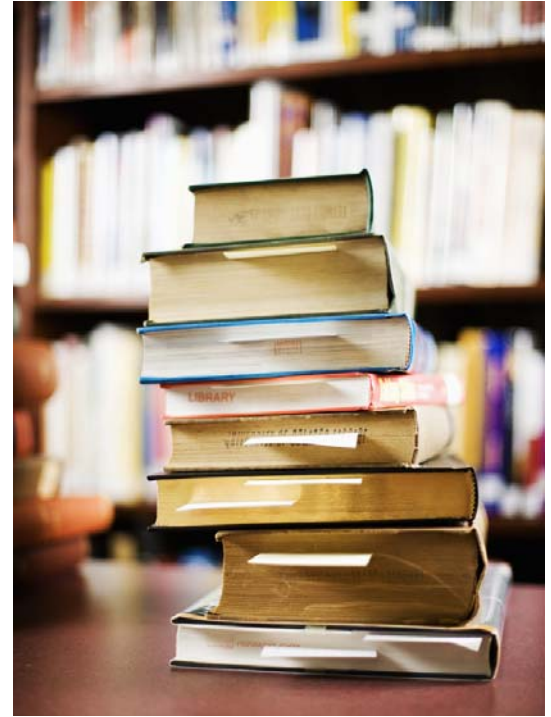
*(continued on page 11)*



# LUPUS SOCIETY OF ALBERTA LENDING LIBRARY

January 2010

*LSA Members can borrow any of our books (maximum of 3 books at one time). Books must be returned at the end of 3 weeks. You can pick your selection up at the office or we can mail them out to you.*



**To borrow any of the following books contact:**

**Lupus Society of Alberta:**

**#200, 1301 – 8 Street SW Calgary, AB T2R 1B7**

**Telephone: Calgary and area (403) 228-7956**

**Toll Free 1-888-242-9182**

**Fax: (403) 228-7853**

**Email: [lupuslsa@shaw.ca](mailto:lupuslsa@shaw.ca) or [lsaservices@shaw.ca](mailto:lsaservices@shaw.ca)**

Title	Author	Publisher	Date	Pages
After Shock <i>What To Do When The Doctor Gives You – Or Someone You Love – A Devastating Diagnosis</i>	Jessie Gruman, Ph.D.	Walker & Company, NY	2007	259
Are You Tired Again? I Understand <i>Activity Book for Children</i>	Marilyn Weisberg Deutsch	Mari-Sue Productions	1995	42
Arthritis Foundation's Guide to Alternative Therapies	Judith Horstman	Arthritis Foundation	1999	284
Arthritis Helpbook	Kate Lorig & James F. Fries	Addison-Wesley	1995 4 ed.	218
Autoimmune Diseases and Their Environmental Triggers	Elaine A. Moore	McFarland & Co. Inc.	2002	227
Canada Pension Plan: A guide to Disability Benefits	Elena Sacluti	MS Society of Canada	2000	36
Caregiver Helpbook: Powerful Tools for Caregiving	Vicki L. Schmall, Marilyn Cleland, and Marilynn Sturdevant	Legacy Health System	2000	309
Celebrate Life: New Attitudes for Living with Chronic Illness	Kathleen Lewis	Arthritis Foundation	1999	232
Challenges of Lupus: Insights & Hope	Henrietta Aladjem	Avery Publishing Group	1999	238
Chicken Soup for the Christian Soul: 101 Stories to Open the Heart and Rekindle the Spirit	Jack Canfield, Mark Victor Hansen, Parry Aubery, and Nancy Mitchell	Health Communications, Inc.	1997	401

## LIBRARY ORDER FORM

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TITLE \_\_\_\_\_ AUTHOR \_\_\_\_\_

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E-MAIL \_\_\_\_\_ Are You a Member? \_\_\_\_\_

**If you want to become a member please see application form  
on the last page of the *Courier*.**

Title	Author	Publisher	Date	Pages
Chicken Soup for the Surviving Soul: 101 Healing Stories of Courage and Inspiration	Jack Canfield, Mark Victor Hansen, Patty Aubery and Nancy Mitchell	Health Communications, Inc.	1996	359
Conquering Rheumatoid Arthritis	William Bensen & Wynn Bensen	Empowering Press	1996	90
Control Your Pain (2 c)	Robert H. Phillips	Balance Enterprises, Inc.	1996	48
Coping with Depression in Chronic Illness	Sean Hogan-Downey		1995	14
Coping with Kidney Failure: A Guide to Living with Kidney Failure for you and your Family (2 c)	Robert H. Phillips	Avery Publishing Group	1987	309
Coping with Prednisone (*and other cortisone-related medicines)	Eugenia Zukerman and Julie R. Ingelfinger, M.D.	St. Martin's Press	2007	236
Coping With Lupus (2 c)	Robert H. Phillips	Avery Publishing Group, Inc.	1991 (4 c.)	276
Delicate Balance: Living Successfully with Chronic illness	Susan Milstrey Wells	Perseus Books	2000	289
Despite Lupus <i>How to Live Well With A Chronic Illness</i>	Sara Gorman	Four-Legged Press	2009	207
Fibromyalgia, An Essential Guide for Patients & Their Families	Daniel J. Wallace & Janice Brock Wallace	Oxford University Press	Oxford University Press	2003

Title	Author	Publisher	Date	Pages
Get To Sleep: How to Sleep Well... Despite Lupus	Robert H. Phillips	Balance Enterprises, Inc.	1995	17
God Rides a Yamaha: Musings on pain, poetry, and pop culture	Kathy Shaidle	Northstone Publishing	1998	143
How to Help Children Through a Parent's Serious Illness	Kathleen McCue, M.A., C.C.L.S. With Ron Bonn	St. Martin's Griffin	1996	221
Help Yourself: Recipes and Resources From the Arthritis Foundation	Arthritis Foundation		1995	159
How Doctors Think	Jerome Groopman, MD	Houghton Mifflin Company	2007	307
Hughes Syndrome: A Patients Guide to the Antiphospholipid Syndrome	Dr. Graham Hughes	Lupus UK	1997	21
In Search of the Sun: a woman's courageous victory over lupus	Henrietta Abadjem & Peter H. Schur M.D.	Macmillan Publishing	1988	264
It's Not Just Growing Pains	Thomas J.A. Lehman, MD, FAAP, FACR	Oxford University Press, Inc.	2004	416
Life Disrupted <i>Getting Real About Chronic Illness In Your Twenties and Thirties</i>	Laurie Edwards	Walker & Company, NY	2008	272
Living a Healthy Life With Chronic Conditions: Self- Management:	Kate Lorig, Halsted Holman David Sobel, Diana Laurent, Virginia Gonzalez, Marian Minor	Bull Publishing Company	2000	330
Living Well...Despite Lupus (3 c)	Robert H. Phillips	Balance Enterprises Inc.	1996	50
Living With Lupus <i>All the Knowledge You Need to Help Yourself REVISED</i>	Sheldon Paul Blau, MD with Dodi Schultz	Perseus Books	1993	264
Lupus: A GP Guide to Diagnosis	Compiled by Yvonne Norton	Lupus UK	2000	118
Lupus Book (The): Revised and Expanded Fourth Edition	Dr. Daniel J. Wallace	Oxford University Press	2009	258
Lupus Erythematosus: A Patient Guide	Wallace, Hann & Quismorio	Lupus Foundation of America	2000	36
Lupus: Everything You Need to Know	Robert G. Lahita, M.D., Robert H. Phillips, PH.D.	Avery	1998	224
Lupus: Living with it: Why you don't have to be healthy to be happy.	Suzy Szasz	Prometheus Books	1995	243
Lupus Q & A <i>Everything You Need to Know</i>	Robert G. Lahita, M.D., Robert H. Phillips, PH.D.	Avery	1998	240
Lupus the facts	Dr. Graham Hughes	Oxford Medical Publications	127	
Lupus: The First Year An Essential Guide for the Newly Diagnosed	Nancy C. Hanger	Marlowe & Company	244	

Title	Author	Publisher	Date	Pages
Many Shades of Lupus: Info. For Multicultural Communities. (2c.)	NIAMS	NIAMS		27
Meeting the Challenge: A Young Person's Guide to Living With Lupus (8 c)	Amy J. Neil	Arthritis Foundation	1990	50
Monster Under The Bed: Child Rearing When A Parent is Chronically Ill	Barbara Butler	LFA	1989	30
My Lupus: What I Need to Know	Jenny Tekano	Mary Pack Arthritis Program, Vancouver	1998 June	30
New Hope for People with Lupus	Theresa Foy DiGeronimo, M.Ed	Prima Publishing	2002	283
Official Patient's Sourcebook on Cataracts (Directory for the Internet Age – Revised)	James N. Parker, M.D. and Philip M. Parker, PH.D.	ICON Health	2002	245
Official Patient's Sourcebook on lupus Nephritis (Directory for the Internet Age – Revised)	James N. Parker, M.D. and Philip M. Parker, PH.D.	ICON Health	2002	190
Prednisone User's Exercise Manual	Carol Z. Congedo, Jane Brandenstein	LFA	2002	30
Questions and Answers About... Sjogren's Syndrome	National Institute of Arthritis and Musculoskeletal and Skin Disease (NIAMS)	US Department of Health and Human Services, Public Health Service, National Institutes of Health	January 2001	
Scott's Story About a Disease Called Lupus	A collaboration with Lupus Foundation of America	LFA	2002	34
Self-Advocacy Guide	Written and Compiled by Elena Sacluti	MS-Multiple Sclerosis Society of Canada, Alberta	August 2000	28
Sick and Tired of Feeling Sick And Tired (2 c)	Paul J. Donoghue & Mary E. Siegel	W.W. Norton & Company	1992	284
Silver Linings	Edited by Shaena Engle	Prometheus Books	1997	270
Taking the Lead: Dancing with Chronic Illness	Louise Giroux	Northstone	1998	188
The New Arthritis Breakthrough	H. Scammell	Evans & Co.	1998	330
The New Sjogren's Syndrome Handbook	Sjogren's Syndrome Foundation, Edited by S. Carsons, M.D. & Elaine K. Harris	Oxford University Press	1998	230
The Osteoporosis Book, A Guide for Patients & Their Families	Nancy E. Lane, M.D.	Oxford University Press	1999	206
The Scleroderma Book, A Guide for Patients & Families	Maureen D. Mayes, M.D.	Oxford University Press	1999	182
Understanding Lupus	Dr. Graham Hughes	JSC Consultants Ltd.	1990	100
Understanding Lupus	Henrietta Aladjem	Macmillan Publishing	1985	247
When Mom Gets Sick (2 c.)	Rebecca Samuels	LFA	1985	27
Why Me? The Courage to Live	Debra Kent	Pocket Books	2001	194
Women, Work and Autoimmune Disease (Keep Working Girlfriend!)	Rosalind Joffe and Joan Friedlander	Demos HEALTH	2008	222

## What People With Lupus Need to Know About Osteoporosis

(continued from page 6)

The Institute of Medicine recommends a daily calcium intake of 1,000 mg (milligrams) for men and women, increasing to 1,200 mg for those age 50 and older.

Vitamin D plays an important role in calcium absorption and bone health. It is synthesized in the skin through exposure to sunlight. Food sources of vitamin D include egg yolks, salt-water fish, and liver. Many people obtain enough vitamin D naturally, excessive sun exposure can trigger flares in some people with lupus. These individuals may need vitamin D supplements to achieve the recommended intake of 400 to 600 IU (International Units) each day.

### Exercise

Like muscle, bone is living tissue that responds to exercise by becoming stronger. The best activity for your bones is weight-bearing exercise that forces you to work against gravity. Some examples include walking, climbing stairs, weight training, and dancing.

Exercising can be challenging for people with lupus who are affected by joint pain and inflammation, muscle pain, and fatigue. However, regular exercise, such as walking, may help prevent bone loss and provide many other health benefits.

### Healthy lifestyle

Smoking is bad for bones as well as the heart and lungs. Women who smoke tend to go through menopause earlier, resulting in earlier reduction in levels of the bone-preserving hormone estrogen and triggering earlier bone loss. In addition, smokers may absorb less calcium from their diets. Alcohol also can have a negative effect on bone health. Those who drink heavily are more prone to bone loss and fracture, both because of poor nutrition and an increased risk of falling.

### Bone density test

A bone mineral density (BMD) test measures bone density at various parts of the body. This safe and painless test can detect osteoporosis before a fracture occurs and predict one's chances of fracturing in the future.

Lupus patients, particularly those receiving glucocorticoid therapy for 2 months or more, should talk to their doctors about whether they might be candidates for a bone density test. The BMD test can help determine whether medication should be considered.

### Medication

Like lupus, osteoporosis is a disease with no cure. However, medications are available to prevent and treat osteoporosis. The Food and Drug Administration has approved several medications (alendronate, risedronate, ibandronate, zoledronic acid, raloxifene, calcitonin, teriparatide, and estrogen/hormone therapy) for the prevention and/or treatment of osteoporosis in postmenopausal women. Alendronate and risedronate also are approved for use in men. For people with lupus who develop or may develop glucocorticoid-induced osteoporosis, alendronate has been approved to treat this condition and risedronate has been approved to treat and prevent it.

### For Your Information

This publication contains information about medications used to treat the health condition discussed here. When this fact sheet was printed, we included the most up-to-date (accurate) information available. Occasionally, new information on medication is released. For updates and for any questions about any medications you are taking, please contact the U.S. Food and Drug Administration at:

#### U.S. Food and Drug Administration

Website: [www.fda.gov](http://www.fda.gov)

#### Reprinted from NIAMS

(National Institute of Arthritis and Musculoskeletal and Skin Diseases)

[www.niams.nih.gov](http://www.niams.nih.gov)

You can also find more information on osteoporosis at Health Canada website: [www.hc-sc.gc](http://www.hc-sc.gc)



**9th International Congress  
on  
Systemic Lupus Erythematosus  
Convention Centre  
Vancouver, BC**

**June 24 to 27, 2010**

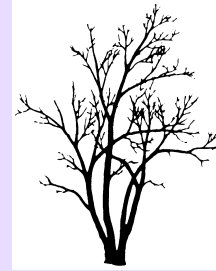
**Patient Program**

**Friday June 25  
11:00 A.M. — 3:00 P.M.**

**Saturday June 26  
11:00 A.M. — 3:00 P.M.**

**For more information go to  
[www.lupus2010.com](http://www.lupus2010.com)**

**LUPUS SOCIETY OF ALBERTA**



**ANNUAL GENERAL MEETING**

**Suite 200, 1301 — 8 St SW  
Calgary, Alberta**

*Free Parking on West Side of Building*

**March 16, 2010 - Tuesday**

**6:30 p.m.**

**Guest Speaker, Dr. Lynne Robertson  
Internal Medicine & Dermatology**



**“Botox - Potential Uses  
and Safety Concerns”**

**7:00 p.m. to 7:15 p.m. AGM**

- Annual Report
- Audited Financial Report for 2008-2009
  - Consideration of Proposed By-Law Amendments
  - Election of Board Members
  - Business from the Floor

**7:15 p.m.**

- Awards, Recognition and Refreshments



**LSA MISSION**

To provide education and support on lupus and lupus related issues and enable research to find effective treatments and cures.



*Calcium Rich  
Smoothie*

**Ingredients**

- 2 cups (500 ml) berries (blueberries, strawberries, blackberries, etc.), fresh or frozen
- 1 cup (250 ml) orange juice
- 1 cup (250 ml) yogurt
- 1 tsp (5 ml) honey
- 3 ice cubes

**Steps**

1. Wash and cut up berries/fruit
2. Place ingredients in a blender and mix well to puree
3. Serve chilled in a tall glass

# Plans are "a-foot" for *Step Out For Lupus 2010*



**MARK YOUR  
CALENDAR TODAY**



Check Our Website For More Information [www.lupus.ab.ca](http://www.lupus.ab.ca)  
Brochures will also be mailed.

**NEW  
LOCATION**



**CALGARY APRIL 25, 2010 (SUNDAY) 11:00 A.M.**  
5K & 3K run & walk  
Inglewood Bird Sanctuary/Bow River Pathway



**LETHBRIDGE MAY 29, 2010 (SATURDAY) 11:00 A.M.**  
5K & 3K run & walk  
Henderson Lake Trails & Kiwanis Picnic Shelter



**BONNYVILLE JUNE 12, 2010 (SATURDAY) 9:00 A.M.**  
10k & 5k Run at Slawuta Pond



**EDMONTON SEPTEMBER 26, 2010 (SUNDAY)**  
5K & 3K run & walk  
Rundle Park & Rundle Family Centre

**LSA  
Needs  
You  
Too!**



Volunteers are invited to join committees  
for Education Days,  
Public Awareness events,  
Step Out For Lupus, etc.  
Call Rosemary  
at 1-888-242-9182 or 403-228-7956 or  
E-mail to [lupuslsa@shaw.ca](mailto:lupuslsa@shaw.ca)

# Health Canada News

## Health Canada Warns Canadians Not to Use "The Slimming Coffee" or "Lose Weight Coffee," or Any Unauthorized Product Promoted for Weight-loss

**OTTAWA** - Health Canada is warning consumers not to use the unauthorized product "The Slimming Coffee," which was previously sold as "Lose Weight Coffee," because it was found to contain the undeclared prescription drug sibutramine and may pose serious health risks. This product is promoted as a natural coffee beverage used for weight-loss.



Sibutramine is used to treat obesity and should only be used under the supervision of a health care practitioner. Sibutramine may cause serious side effects including cardiovascular reactions such as increased blood pressure, chest pain, and stroke. Other side effects include dry mouth, difficulty sleeping and constipation.

Sibutramine should not be taken by people who have had a heart attack, coronary artery disease, heart-related chest pain, irregular heart beats, congestive heart failure, a stroke or symptoms of a stroke, or unstable or poorly controlled high blood pressure. It should also not be taken by patients who have clinically diagnosed depression or a psychiatric illness and are taking prescription drugs such as antidepressants and antipsychotics, or herbal preparations such as St. John's Wort.

Sibutramine is not recommended for women who are pregnant, breastfeeding or planning to become pregnant.

Canadians are advised not to purchase these products from the Internet or from any other source. Consumers who have purchased "The Slimming Coffee" or "Lose Weight Coffee" should consult with a medical professional if they have used either product and have health concerns. Health Canada recommends that consumers talk to a health care practitioner about authorized products for weight loss, and if considering buying health products or medications over the Internet.

Health Canada has been advised by the Canadian distributor, Gateway International of Ville Saint-Laurent, Québec, that it previously sold the product as "Lose Weight Coffee," but then it introduced its own label and has since been selling the product as "The Slimming Coffee." Gateway International has indicated that, despite different product labels, "Lose Weight Coffee" and "The Slimming Coffee" are the same product, which is manufactured in China by MeiYa Technology Building. Gateway International has stopped selling these products.



(continued on page 11)

"The Slimming Coffee" and "Lose Weight Coffee" are not authorized for sale in Canada. Health Canada reminds consumers not to use any unauthorized health products as they may pose a risk to health. Authorized health products will bear either an eight-digit Drug Identification Number (DIN), a Natural Product Number (NPN), or a Homeopathic Medicine Number (DIN-HM) on the label. This authorization indicates that the product has been assessed by Health Canada for safety, effectiveness and quality.

Consumers requiring more information about this warning can contact Health Canada's public enquiries line at (613) 957-2991, or toll free at 1-866-225-0709.

To date, no adverse reactions from the use of either "The Slimming Coffee" or "Lose Weight Coffee" have been reported in Canada. You can report any adverse reactions associated with the use of health products to the Canada Vigilance Program by one of the following three ways:

- Report online at the MedEffect™ Canada section of the Health Canada website
- Call toll-free at 1-866-234-2345
- Complete a Canada Vigilance Reporting Form and either:
  - Fax toll-free to 1-866-678-6789 or
  - Mail to:  
Canada Vigilance Program  
Health Canada AL 0701D  
Ottawa, ON K1A 0K9



January 28, 2010

**Government  
of Alberta**

## **Albertans to benefit from reduced prices for existing generic drugs**

***New price becomes effective April 1***

*Edmonton ...* The Government of Alberta has taken another step to reduce generic drug costs. Effective April 1, the price of currently available or existing generic drugs will be reduced from 75 per cent to 56 per cent of the price of comparable brand name drugs. Existing generic drugs are generic drugs already included on our Alberta Drug Benefit List as of October 1, 2009.

"Last fall we reduced the price of **new** generic drugs and promised we would also reduce the costs of **existing** generic drugs - and that's what we've done," said Alberta Health and Wellness Minister Gene Zwozdesky. "After extensive consultations and negotiations with many pharmacy stakeholders, we have a deal - lower generic drug prices for Albertans! This deal also means significant cost savings for our Government."

Reducing generic drug prices is part of phase two of the Alberta Pharmaceutical Strategy, which was announced in October 2009. At that time, the price of **new** generic drugs was reduced from 75 per cent to 45 per cent of the price of comparable brand name drugs. A new generic drug is any generic drug added to the Alberta Drug Benefit List after October 1, 2009.

Phase two of the Alberta Pharmaceutical Strategy also includes additional compensation for pharmacists to perform expanded services such as patient consultations, medication reviews and immunizations. This will allow pharmacists to better meet the needs of their patients.

"Pharmacists play an integral role in the health of the communities they serve. Having grown up in rural Alberta, I am also aware of the issues that rural pharmacists face in some of our smaller communities," added Zwozdesky. "Therefore, we will work with all of our stakeholders to ensure pharmacies remain an important part of Alberta's health care system."

In addition, phase two enables Alberta to negotiate contracts with brand name drug manufacturers to reduce costs through volume discounts, provide faster access to new, innovative drugs and help fund health research. The Alberta government has a clear plan for a strong economic recovery. An important part of *The Way Forward* is maintaining support for programs and services Albertans need most, such as health care, education and safe and vibrant communities. For more information on the plan, visit Alberta.ca.

# A poem for a winter's day

"Someone painted pictures on my windowpane last night  
Willow trees with trailing boughs and flowers, frosty white,  
And lovely crystal butterflies;  
But when the morning sun touched them with its golden beams,  
They vanished one by one."  
Helen Bayley Davis, *Jack Frost*

## New Address?

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_  
E-mail \_\_\_\_\_

**Effective Date**  
\_\_\_\_\_  
\_\_\_\_\_



Or just telephone or e-mail us to pass on your new information.

Would you like to become a member of  
the Lupus Society of Alberta?  
Is it time to renew your membership?

### Membership Application Form

A single fee of \$25 annually entitles you and the members  
of your family to participate in the programs and services  
of the Lupus Society of Alberta.

- I want to become a member of the Lupus Society of Alberta
- I want to renew my membership in the Lupus Society of Alberta

Your membership renewal date will be one year from the date  
you become a member.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_  
E-mail \_\_\_\_\_

Payment method:  Cheque  Visa  MasterCard

Card # \_\_\_\_\_

Expiry date \_\_\_\_\_

Name on Card \_\_\_\_\_  
(Please Print)

Signature \_\_\_\_\_

Donation, Willow Pin, Key Chain, Purple Lupus Wrist  
Band, Ribbon Lapel Pin, Magnet, T-Shirt Order Form

**DONATION** LSA Business # 11924 3343 RR0001  
 \$100.00  \$75.00  \$50.00  \$40.00  \$25.00  
 Other \$ \_\_\_\_\_

Tax receipts are issued for donations of more than \$10

### Willow Pin/Key Chain/Wrist Band/Pin Order Form

\_\_\_ Pewter Willow Pin \$10 ea. = \_\_\_\_\_  
\_\_\_ Limited Edition Willow Pin \$100 ea. = \_\_\_\_\_  
(sterling silver & engraved gold)  
\_\_\_ Willow Key Chain \$10 ea. = \_\_\_\_\_  
\_\_\_ Purple Wrist Bands \$ 1 ea. = \_\_\_\_\_  
\_\_\_ Purple Ribbon Pins \$ 5 ea. = \_\_\_\_\_  
\_\_\_ Purple Car Magnets \$ 5 ea. = \_\_\_\_\_  
\_\_\_ Lupus T-Shirt \$ 15 ea. = \_\_\_\_\_

**TOTAL PURCHASES** \$ \_\_\_\_\_

Shipping & Handling (\$ 4.00 small pkg. Or \$ 8.00 large) \$ \_\_\_\_\_

**TOTAL PAYMENT ENCLOSED** \$ \_\_\_\_\_

Payment method:  Cheque  Visa  MasterCard

Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Name on Card \_\_\_\_\_  
(Please Print)

Signature \_\_\_\_\_

RETURN UNDELIVERABLE CANADIAN ADDRESSES TO: LUPUS SOCIETY OF ALBERTA Suite 200, 1301 — 8 St. SW Calgary, AB T2R 1B7